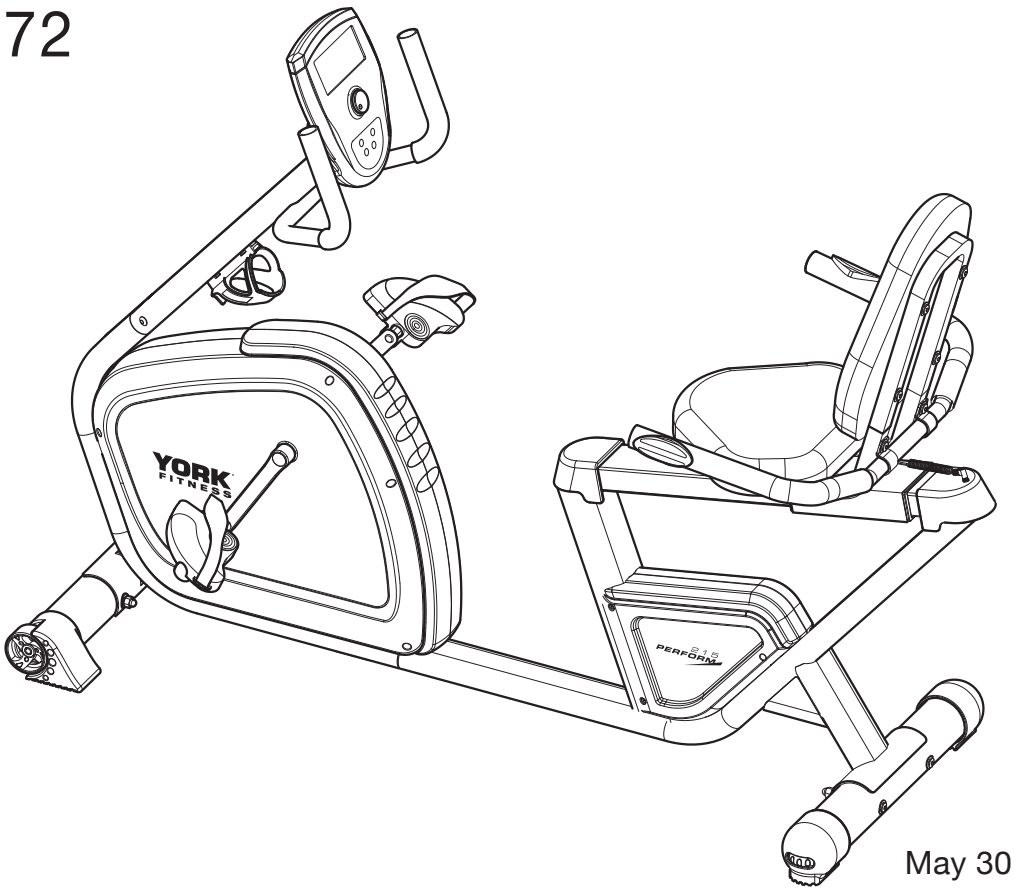
YORK®
FITNESS

Owner's Manual

Perform 215 Recumbent Bike

Item #53072



May 30, 2013

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Congratulations on purchasing your exercise equipment from

YORK® FITNESS

You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new exercise equipment.

For more information visit www.yorkfitness.com

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Protect the environment by not disposing of this product or batteries with household waste. Check your local authority for recycling advice and facilities.

Safety information

Please read this instruction manual before you begin assembly. Great care has been taken to design these instructions and following them will help you with quicker assembly and minimize the risk of injury.

It is important that you keep these instructions for future reference.

This list is not exhaustive - You are responsible for your own safety!

- Always assemble and operate the equipment on a level surface.
- Ensure the equipment is stable before use.
- Always ensure that the equipment has adequate space on each side.
- Ensure that the seat height is adjusted correctly. You should be stable and balanced while on the saddle.
- Adjust the seat height to ensure that you have a good downward pedal stroke without overstretching, don't compromise your balance.
- Try to ensure that your back is straight while exercising, especially for long periods.
- The safety level of this equipment can only be maintained if it is regularly examined for wear and tear.
- Replace defective components immediately and keep the equipment out of use until it is repaired.
- Use only the adjustment setting as described in the instructions. Always use the correct adjustment pin / fixing.
- Always check that any pins / fixings are tight and secure before use and after adjustment.
- Never leave any adjustment devices projecting from the equipment.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear. (e.g. tracksuit / shorts / training shoes)
- Remove all personal jewelry before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never overload the equipment. (See maximum user weight)
- Never use the equipment in any other manner other than the ways explained in these instructions and any wall-chart supplied.
- Injuries to health may result from incorrect or excessive training.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Children should not be allowed on or around the equipment, especially when it is not in use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- This product is not suitable for therapeutic purposes.
- This product has an integrated speed independent braking system without a constant power mode that is governed by magnetic resistance.
- This product has been tested for use in a home environment and is warranted for In Home, personal, family or household use.
- Due to our continuous policy of product development, York Fitness reserves the right to change specifications without notice.

CAUTION! The instructions must be followed carefully in the assembly, use and maintenance of your equipment. The warranty does not cover damage due to negligence of the assembly, adjustment and maintenance instructions described herein.

Maximum user weight: 130kg

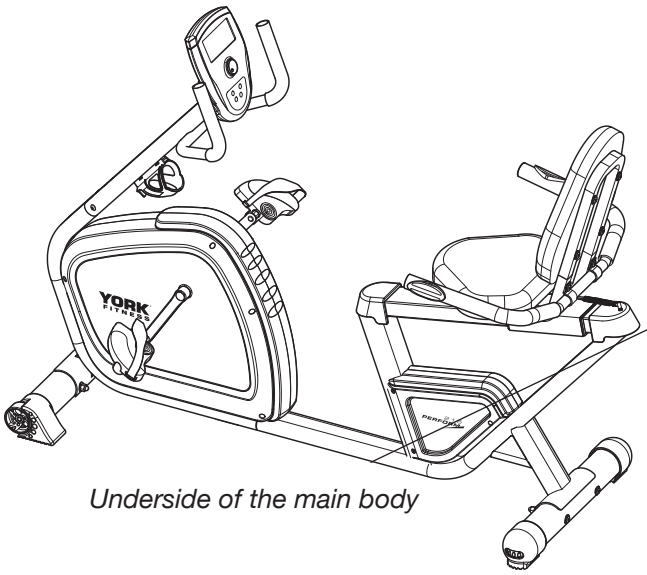
Safety Standards

This equipment meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN957 1 & 5 - CLASS HA. Therefore the equipment carries the following marks:

Customer support

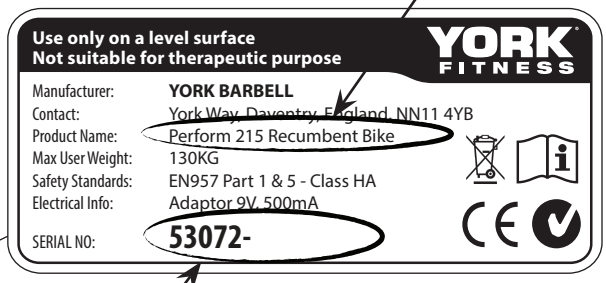
Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Serial No. - This can be found on the sticker below, located as indicated.
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue / defect



Underside of the main body

Product's Name


Use only on a level surface
Not suitable for therapeutic purpose
YORK FITNESS
Manufacturer: YORK BARBELL
Contact: York Way, Daventry, England, NN11 4YB
Product Name: Perform 215 Recumbent Bike
Max User Weight: 130KG
Safety Standards: EN957 Part 1 & 5 - Class HA
Electrical Info: Adaptor 9V, 500mA
SERIAL NO: 53072-

Serial Number

This product label is an example only, it is not the realserial number of the item you have bought.

IMPORTANT!! - Please retain your sales receipt, York Fitness Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.

ENGLAND

The best way to contact us is via the website:
www.yorkfitness.com

York Barbell UK Ltd.
York Way, Daventry,
England, NN11 4YB

Tel: 0844 225 3112

AUSTRALIA

The best way to contact us is via the website:
www.yorkfitness.com.au

York Fitness Australia
1/2 Swaffham Rd, Minto,
PO Box 5130, NSW 2566

Tel: 1800 730 149

Assembly instructions

Care & Maintenance

- This equipment should not be placed outdoors, in a garage or an outbuilding. Keep the equipment in a dry place with as little temperature variation as possible.
- We recommend placing a mat beneath the equipment to protect both the equipment and your flooring.
- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components. Unplug before any care and maintenance.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc.
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

PREPARE YOUR WORK AREA - It is important you assemble the product in a clean and uncluttered space.

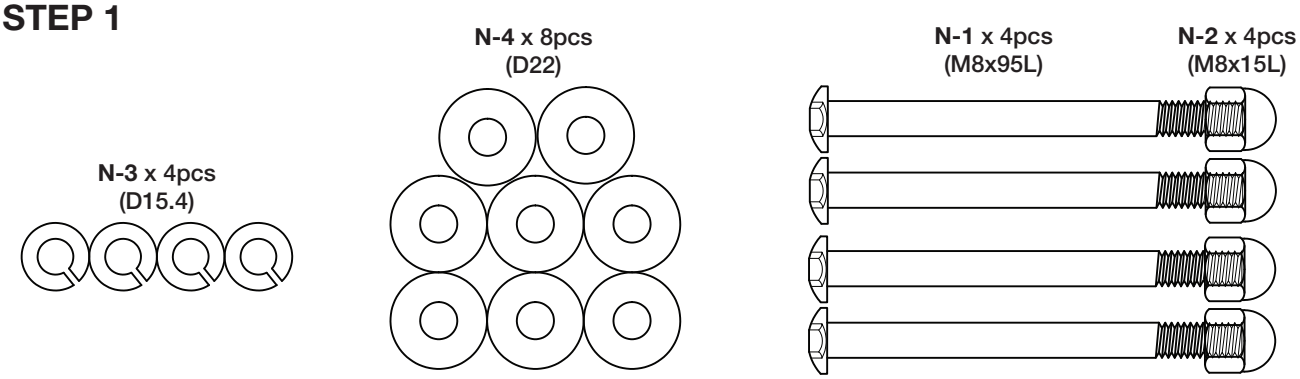
WORK WITH A FRIEND - We recommend you have someone assist you with the assembly as some of the components are quite heavy.

UNPACK THE CARTON - Remove all the parts and lay them out on the floor.

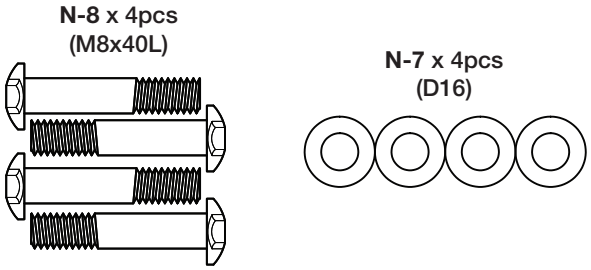
Assembly instructions

Make sure you have the following parts:

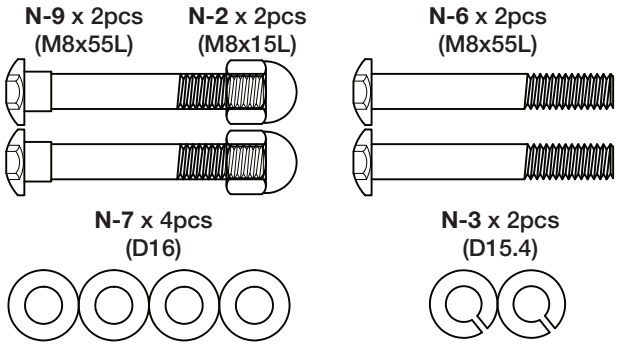
STEP 1



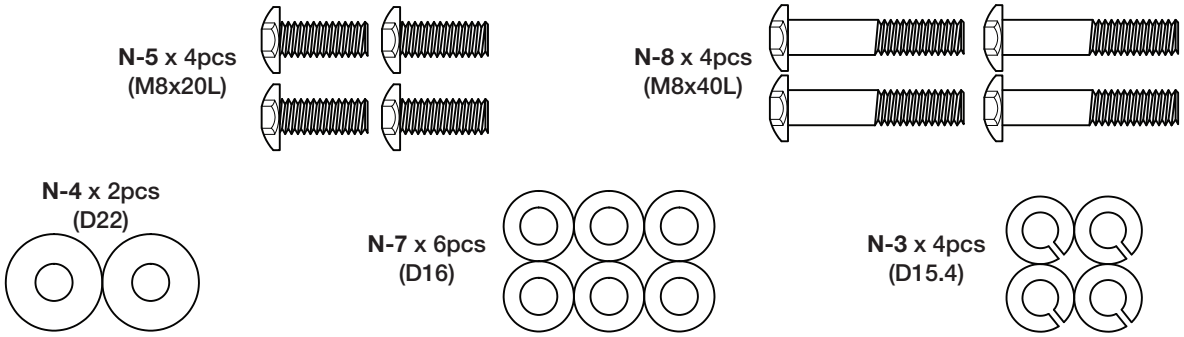
STEP 2



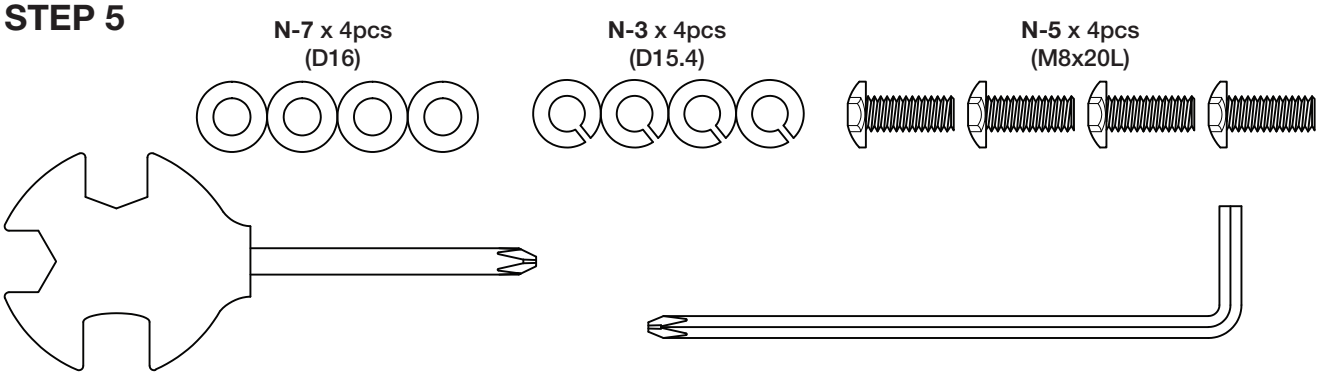
STEP 3



STEP 4

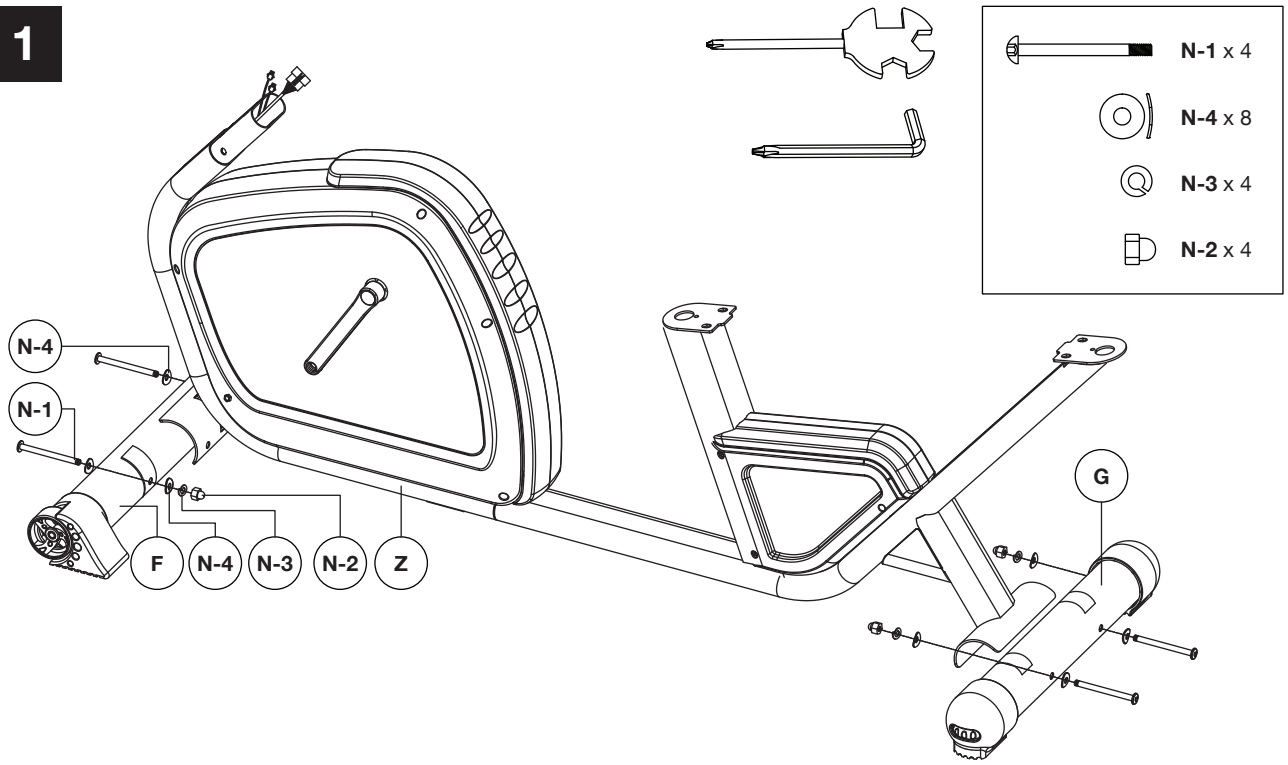


STEP 5



YORK FITNESS

1



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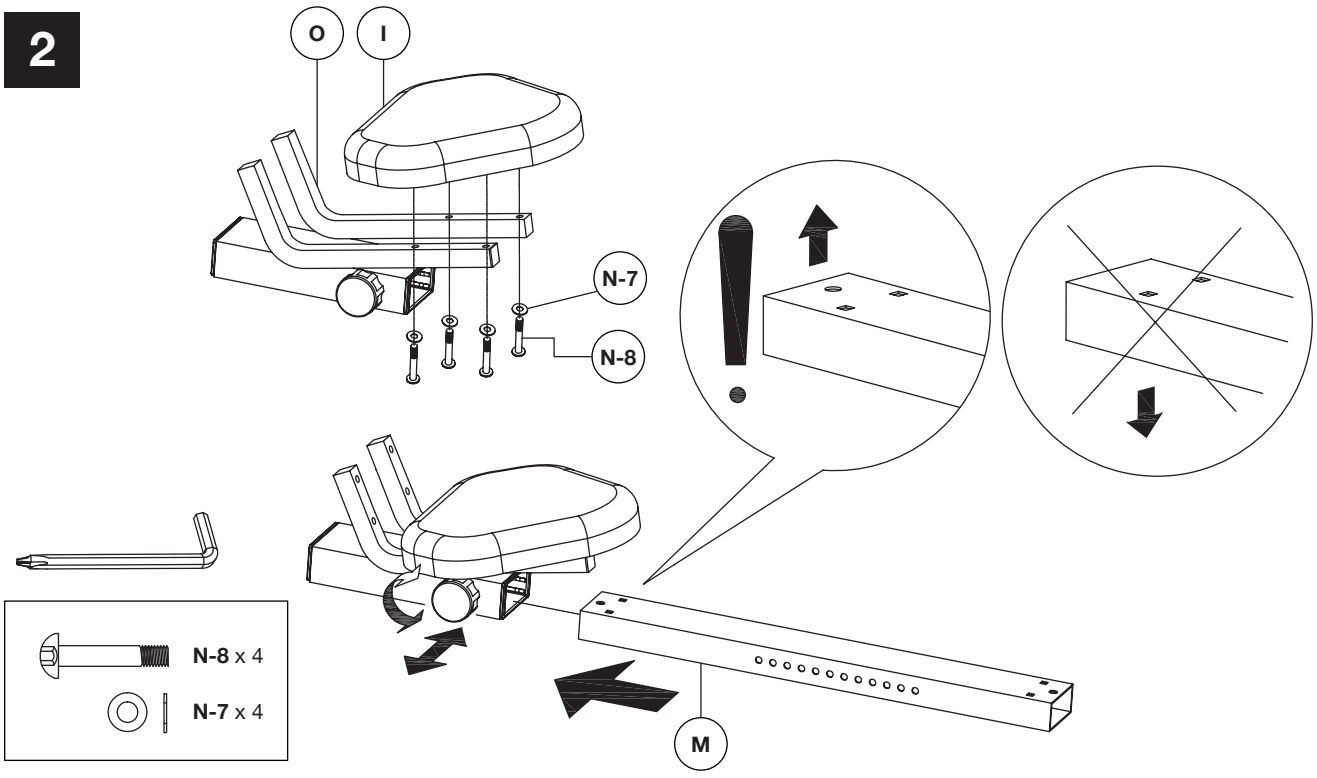
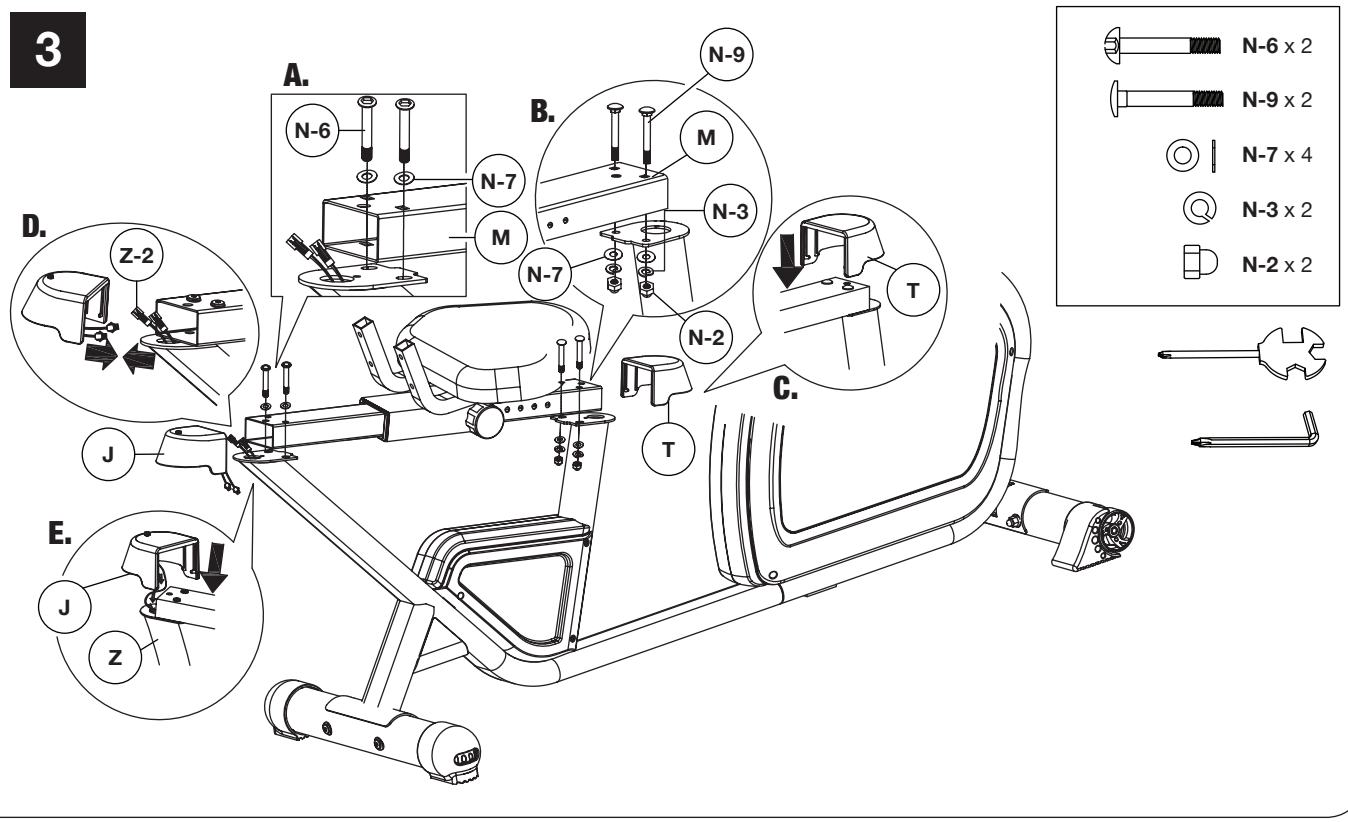


Assembly instructions

3



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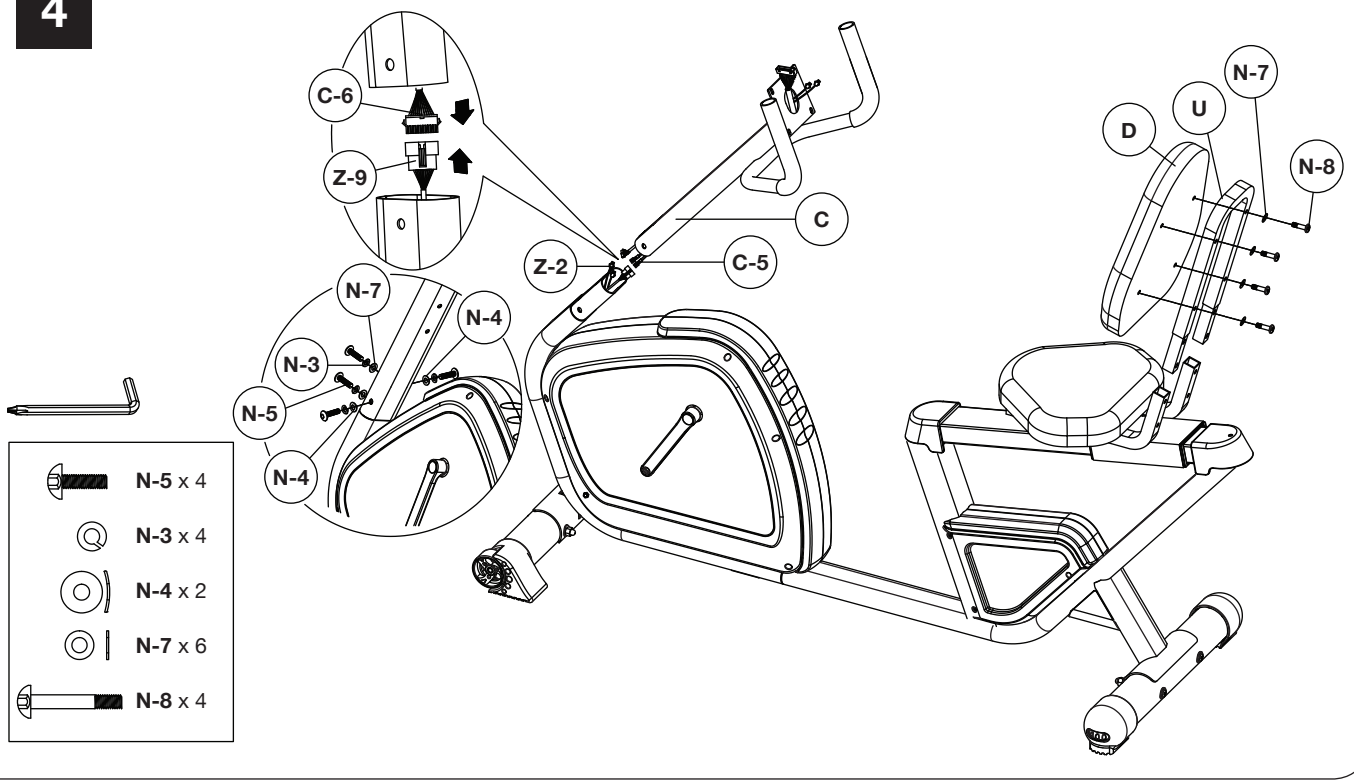

YORK FITNESS

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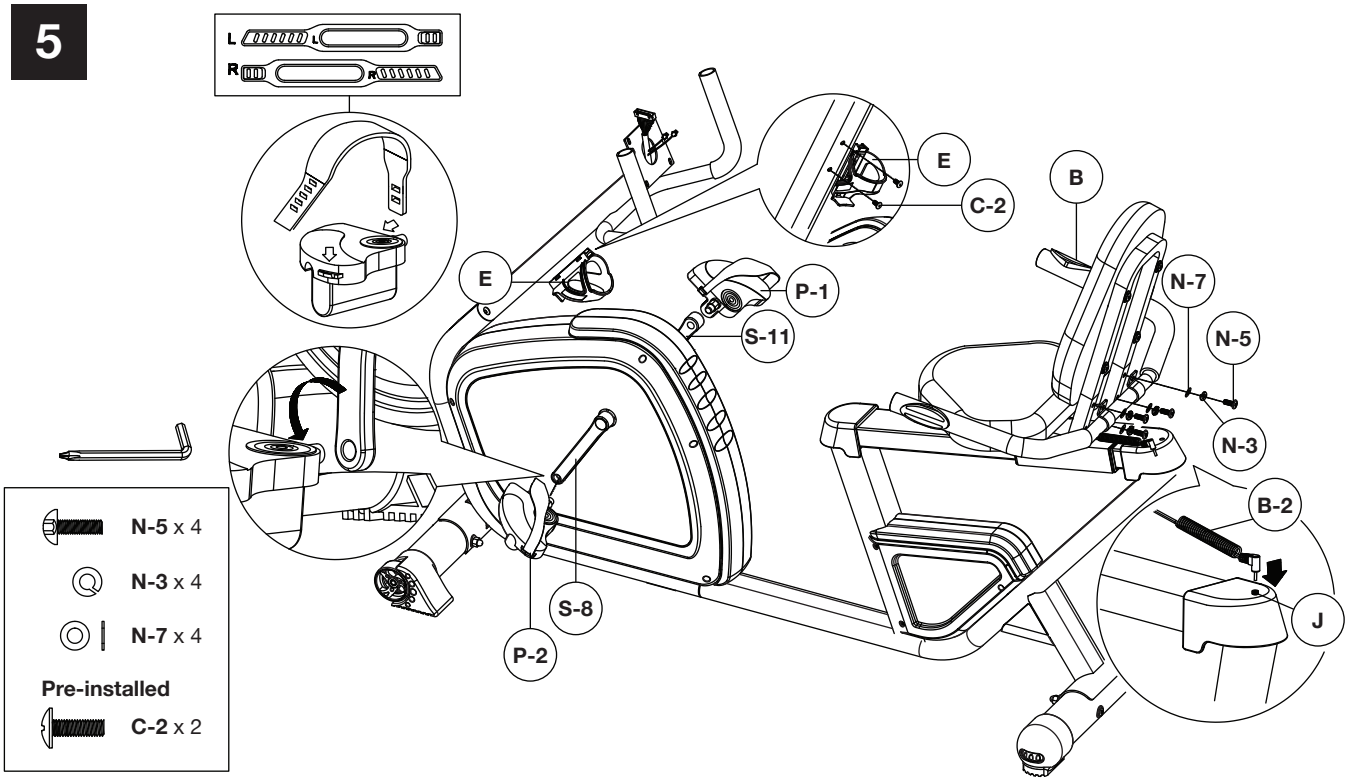

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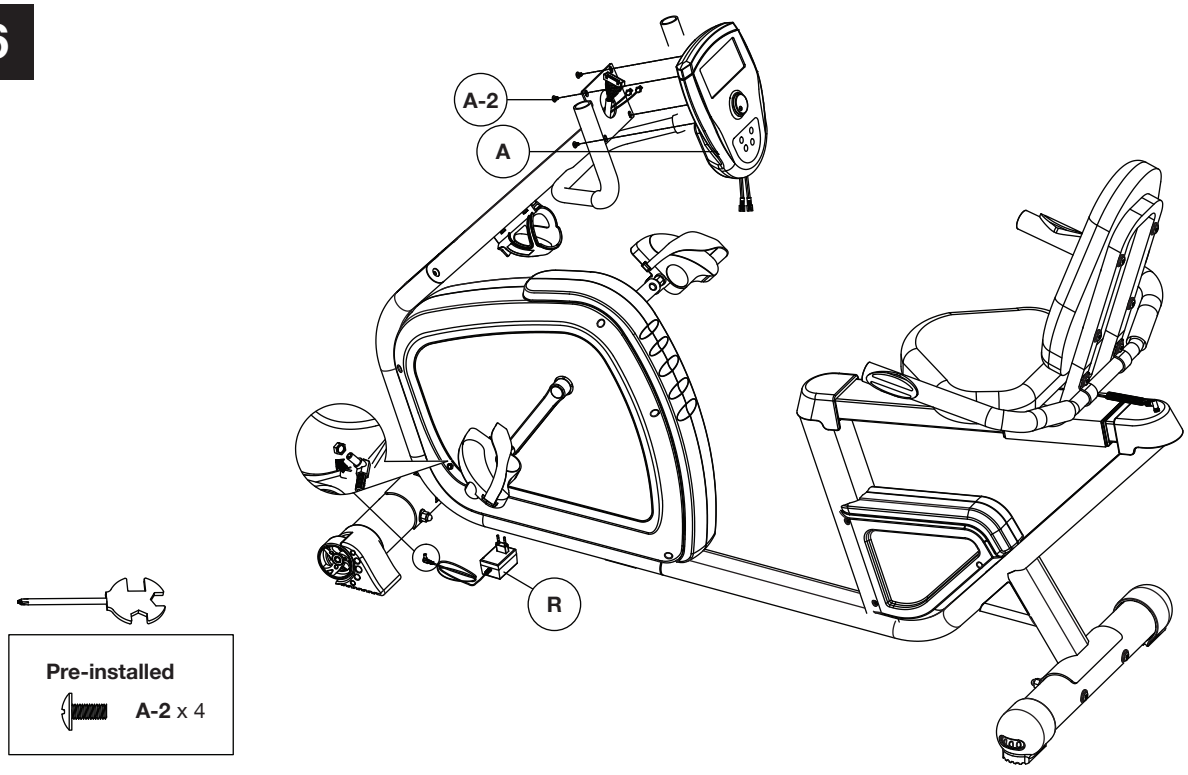


Operational instructions

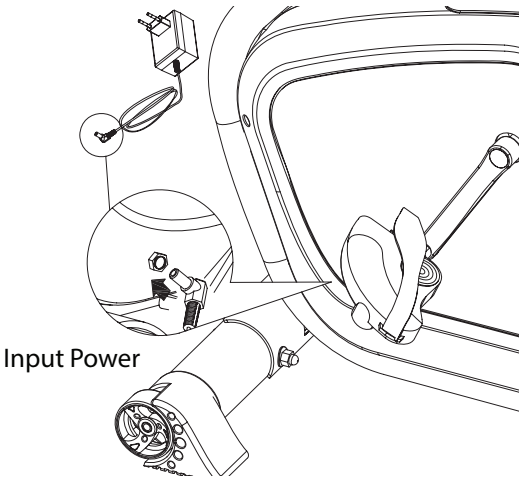
Final Check

Your equipment is now assembled.
Please make the following final checks:

- Make sure all screws / bolts are tightened.
- Make sure the equipment is on a flat, level surface.

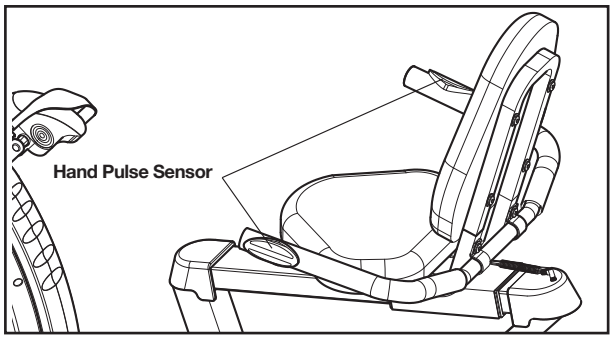
Input Power

Plug in the adaptor to the equipment then the computer will produce a beep sound and turn on the computer at the Manual mode.



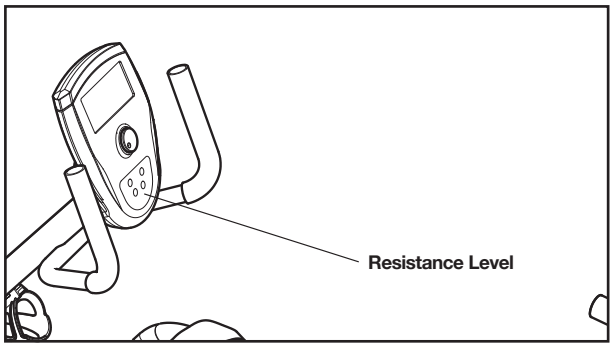
Hand Pulse Sensors

This exercise equipment is fitted with 2 hand pulse sensors. To obtain a pulse reading you must have both your left and right hands on the sensors at the same time. Do not grip the hand sensors too tight and allow the computer a few seconds to display the reading.



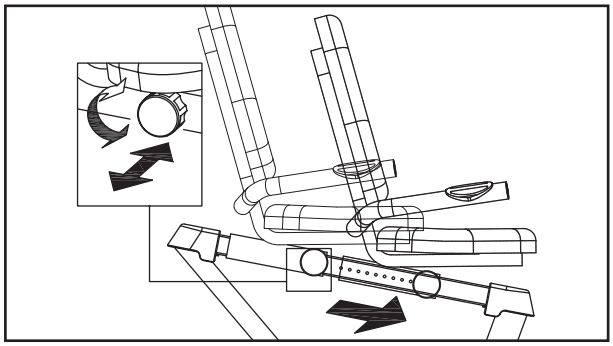
Adjusting The Resistance

This exercise equipment features a speed independent braking (resistance) system. The resistance is controlled by a magnet, which is moved closer or further away from the flywheel - the closer the magnet is to the flywheel the higher the resistance. The magnet is computer controlled, to adjust simply use the UP / DOWN dial on the console.

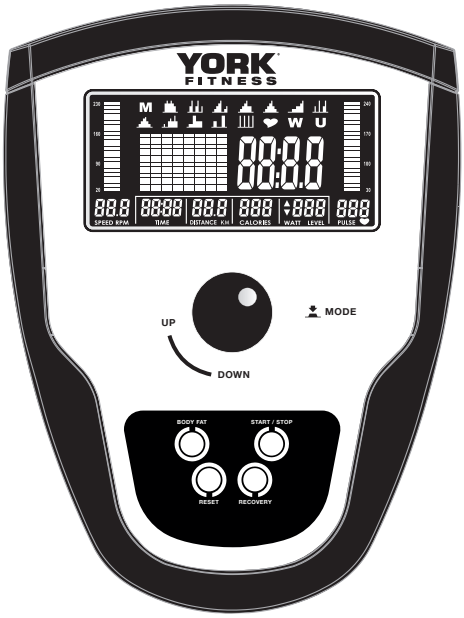


Seat Adjustment

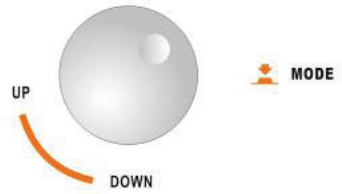
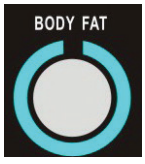
1. Unscrew the hand wheel. Adjust the seat forward / backward to your requirements.
2. Re-screw the hand wheel - make sure it is screwed tightly.
3. The basic rule for getting the seat position right is that as the pedal reaches its lowest point, the leg is almost straight.



Console



Key Function:

KEY	DESCRIPTION
	• Dial Clockwise (UP) - Increase resistance level. • Dial Anti-Clockwise (DOWN) - Decrease resistance level. • Dial - Setting selection. • MODE - Confirm setting or selection. • During workout, press MODE to lock current SCAN function.
	• Press the RESET button once to go back to main menu during setup. • Press and hold the RESET button for 2 seconds to reboot computer and start from default setting.
	• Start / Stop a workout program.
	• Test your heart rate recovery. (See the “Recovery Mode” section)
	• Test your body fat % and BMI. (See the “Body Fat Mode” section)

Operational instructions

Display Function:

DISPLAY	DESCRIPTION
TIME	• Display the workout time during exercise. • Range 0:00 ~ 99:59
SPEED	• Display the workout speed during exercise. • Range 0.0 ~ 99.9
DISTANCE	• Display the workout distance travelled during exercise. • Range 0.0 ~ 99.9
CALORIES	• Display the calories burnt during exercise. • Range 0 ~ 999
PULSE	• Display the user pulse (bpm) during exercise. • An alarm will sound if your pulse is over the preset target.
RPM	• Display the rotation per minute during exercise. • Range 0 ~ 999
WATT	• Display the power consumption during exercise. • In Watt Program mode, computer will remain preset watt value during exercise. (Setting range 0~350)
MANUAL	• Display the manual mode workout.
PROGRAM	• Display the preset resistance level profile of the selected program mode.
USER	• Display the user resistance level profile during a user mode workout.
H.R.C.	• Display the H.R.C. mode workout.

Power On:

Plug in power supply and the computer will power on and display all segments for 2 seconds.

After power on the monitor for the first time, the user will be prompted to enter his / her age, sex, height and weight. Use the UP / DOWN buttons to change the value and press the MODE key to confirm each setting. The monitor will enter the home screen after the setup.

Stand-by Mode: The LCD monitor will enter stand-by mode after 4 minutes of inactivity. Press on any key to wake the monitor.

Manual Mode

User can begin manual mode by pressing the START button in main menu.

1. Use the UP / DOWN dial to select MANUAL **M** and press MODE to confirm.
2. Use the UP / DOWN dial to preset a target TIME, DISTANCE, CALORIES or PULSE. Press MODE to confirm.
3. Press on the START/STOP button to begin workout. Use the UP / DOWN dial to adjust resistance level during exercise.
4. Press on the START/STOP button to pause. Press RESET to return to the main menu.

Program Mode

1. Use the UP / DOWN dial to select one of the twelve preset programs and press MODE to confirm.
2. Use the UP / DOWN dial to set a workout time.
3. Press on the START/STOP button to begin workout. Use the UP / DOWN dial to adjust resistance level during exercise.
4. Press on the START/STOP button to pause. Press RESET to return to the main menu.

User Program Mode

1. Use the UP / DOWN dial to select U and press MODE to confirm.
2. Use the UP / DOWN dial to set a load level for the first column and press MODE to select the next column. Repeat this step for all 8 columns.
3. Press and hold on the MODE button to finish or quit the setup.
4. Use the UP / DOWN dial to set a workout time.
5. Press on the START/STOP button to begin workout. Use the UP / DOWN dial to adjust resistance level during exercise.
6. Press on the START/STOP button to pause. Press RESET to return to the main menu.

H.R.C. Mode

1. Use the UP / DOWN dial to select ♥ and press MODE to confirm.
2. Use the UP / DOWN dial to select 55%, 75%, 90% or TAG (Target H.R. - default: 100).
3. Use the UP / DOWN dial to set a workout time.
4. Press on the START/STOP button to begin workout.
5. Press on the START/STOP button to pause. Press RESET to return to the main menu.

Recovery Mode

1. User must be holding the hand pulse sensor to use this feature. When the pulse value is displayed on the computer, press on the RECOVERY button.
2. Hold on the hand pulse sensor until the TIME display finish the countdown from 60 seconds.
3. After the countdown ends, the result will be displayed on the monitor:

1.0	OUTSTANDING
1.0 « 1.9	EXCELLENT
2.0 « 2.9	GOOD
3.0 « 3.9	FAIR
4.0 « 5.9	BELOW AVERAGE
6.0	POOR

Operational instructions

WATT Mode

1. Use the UP / DOWN dial to select **W** and press MODE to confirm.
2. Use the UP / DOWN dial to select a WATT target (Default: 120).
3. Use the UP / DOWN dial to set a workout time.
4. Press on the START/STOP button to begin workout. Use the UP / DOWN dial to adjust WATT level.
5. Press on the START/STOP button to pause. Press RESET to return to the main menu.

Body Fat Mode

1. After your workout, press on the BODY FAT button and hold on the handgrips.
2. After 8 seconds, the computer will display the BMI, FAT% and fat symbol.
3. Press on the BODY FAT button again to return to main menu.

B.M.I. (Body mass index) integrated

B.M.I. SCALE	LOW	LOW / MED	MEDIUM	MED / HIGH
Range	< 20	20-24	24.1 - 26.5	> 26.5

BODY FAT

SYMBOL	LOW (—)	LOW / MED (+)	MEDIUM (▲)	MED / HIGH (◆)
MALE	< 13%	13% - 25.9%	26% - 30%	> 30%
FEMALE	< 23%	23% - 35.9%	36% - 40%	> 40%

Built in Wireless Heart Rate Receiver

This machine is equipped with a built-in receiver for your heart rate monitoring. To get an accurate reading using these devices, you will need to be within 90cm of the console, and a minimum of 120cm from others using a heart rate monitoring device.

(Note: The transmitter may fluctuate erratically if you are too close to other heart rate monitoring equipment or there is other electronics near by, such as TV, Radio...)

Troubleshooting

If you have a problem with your exercise equipment, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected.

The following table details the most common problems and how to fix them. If you still have a problem after going through the troubleshooting guide please call your local YORK distributor for advice.

PROBLEM	CAUSE	CORRECTION
NO DISPLAY	No power	Check power adapter
	System halted	Unplug and re-plug the power cord to reset the system
NO SPEED DISPLAY	Wires are damaged or not connected properly	Verify all wires are connected properly
	Speed sensor is too far from magnet	Contact your local YORK distributor
PARTIAL DISPLAY	The PA board is not connected properly	Verify all wires are connected properly
		Disconnect and re-connect all cables
		Contact your local YORK distributor
NO PULSE SIGNAL	Wires are damaged or not connected properly	Verify all wires are connected properly
	Too much hand movement	Dry palms
	Palms too wet	Grip using moderate pressure
	Hand Pulse Sensor is being gripped too tightly	Remove all rings
	User is wearing rings	Contact your local YORK distributor
ERROR CODE: E1	Hands are not hold on tightly on grips during BODY FAT test.	
ERROR CODE: E4	Check the user's age, height, weight figure setting when the test result is out of the range of FAT% 5~50 and BMI 5~50%.	
ERROR CODE: E5	Check the cable is well connected or connector broken.	

FOR YOUR OWN SAFETY, DO NOT OPEN PROTECTIVE CASING. IF ERROR PERSIST, PLEASE CONTACT YOUR LOCAL YORK DISTRIBUTOR FOR ADVICE. Keep the equipment out of use until it is repaired.

If you are having problems with your heart rate reading, please note that some fibres used in clothes eg) polyester, create static electricity that may prevent a reliable heart rate reading. Mobile phones, TV's, microwaves and other electrical appliances that generate an electromagnetic field may also interfere with heart rate measurement.

Fitness guide

Starting and Finishing Your Workout

Begin and end each workout with a Warm Up / Down session - a few minutes of stretching to help prevent strains, pulls and cramps.

Correct Cycling Form

Sit on the cycle, with your feet on the pedals and inside the pedal straps.

Ensure that the seat height is adjusted correctly - you should be stable and balanced whilst on the saddle. The basic rule for getting the seat height right is that as the pedal reaches its lowest point, the leg is almost straight.

Try to ensure that your back is straight whilst exercising, especially for long periods.

Suggested Stretches

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

2. Calf/Achilles Stretch

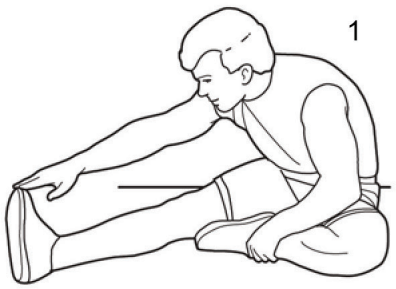
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

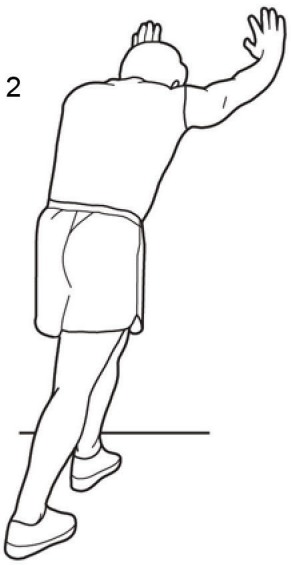
3. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

4. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.





How Long Should I Exercise For?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up - do not try to do too much too quickly. 30 minutes, 3 times a week should be enough.

Don't push yourself too hard - you should never feel exhausted during or following exercise.

Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Working out to a target heart rate means you can direct your workout to achieve different goals:

Good health - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50 - 60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

Weight loss - To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

Improving fitness levels - These sessions should be performed at 70 - 80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

Calculating Your Target Heart Rate

First, you need to find your estimated maximum heart rate using the formula "220 minus your age in years". So, if you are 35 years old your estimated maximum heart rate is:

220 - 35 = 185 beats per minute (bpm)

Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185bpm) by the applicable percentage. So, if your goal is better health:

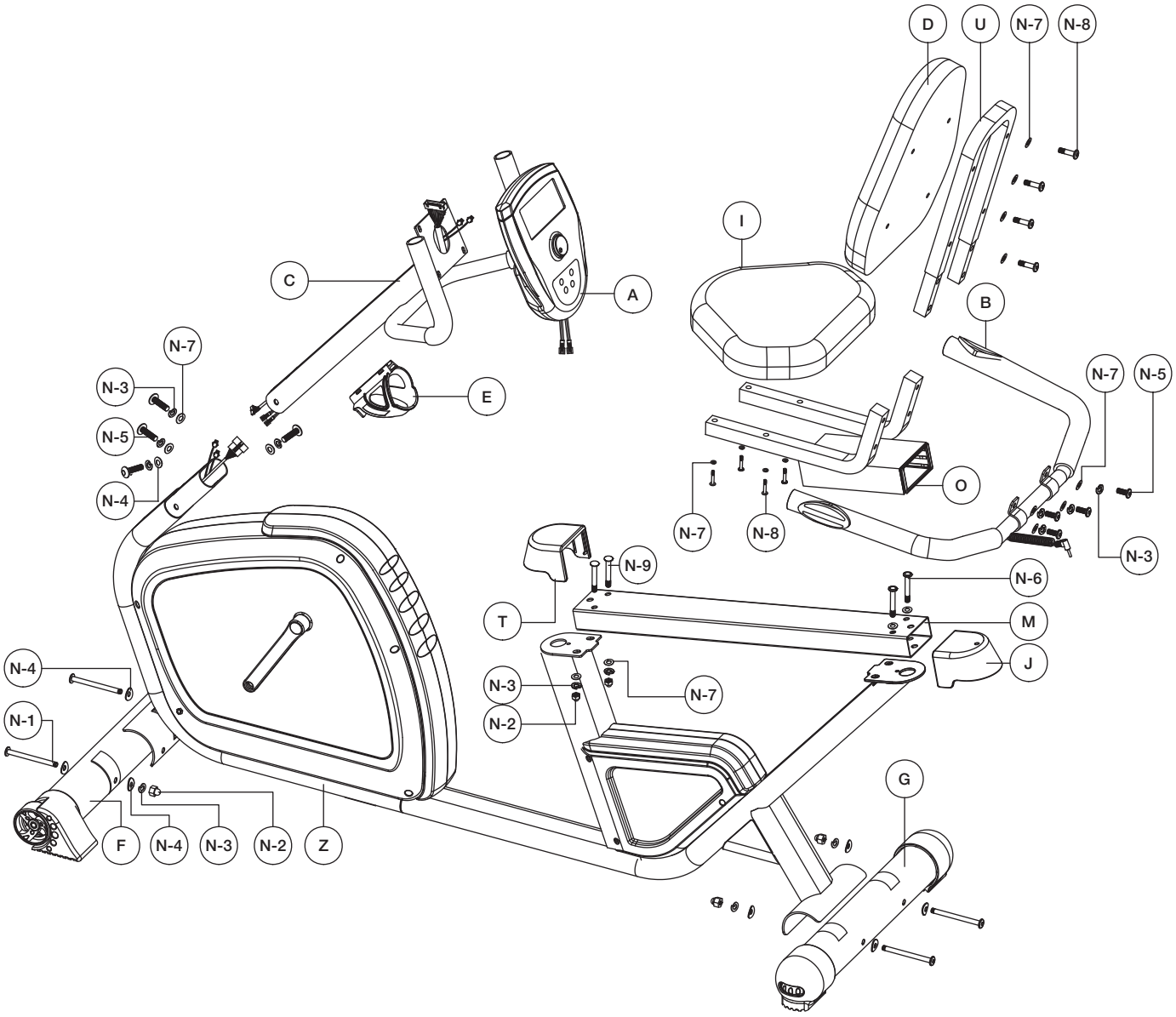
185 x 60% = 111bpm

NOTE: The important issue to remember with all estimated calculations is that they are just estimates - if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.

Heart rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor. For more information please get in touch using the Contact Us details.

Always consult your doctor before undertaking a new exercise regime. If you experience nausea, dizziness or other abnormal symptoms during exercise, stop at once and consult your doctor.

Exploded drawing



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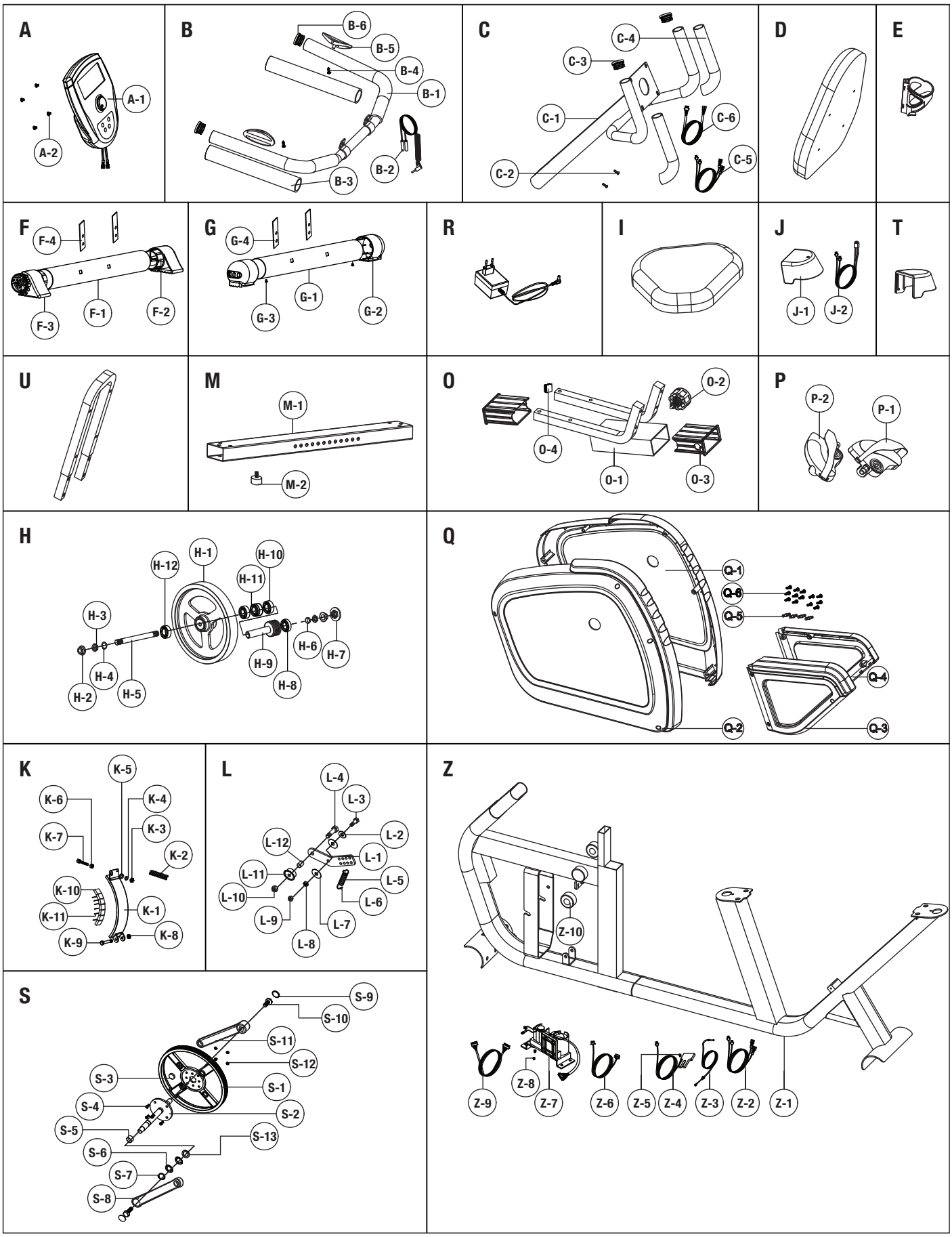

Part list

REF.	DESCRIPTION	QTY.
53072-A	COMPUTER SET	1
53072-A1	COMPUTER (SM-7690-37)	1
53072-A2	BOLT (M5*0.8*10L)	4
53072-B	HANDLEBAR SET	1
53072-B1	HANDLEBAR	1
53072-B2	HANDLE PULSE CABLE (800L)	1
53072-B3	FOAM (D23*4T*500L)	2
53072-B4	SCREW (ST4*1.4L*20L)	2
53072-B5	HANDLE PULSE SENSOR (PE18)	2
53072-B6	HALF BALL CAP	2
53072-C	HANDLEBAR POST SET	1
53072-C1	HANDLEBAR POST	1
53072-C2	BOLT (M5*0.8*15L)	2
53072-C3	HALF BALL CAP (D25.4X31L)	2
53072-C4	FOAM (D23*4T*415L)	2
53072-C5	UPPER HANDLE PULSE CABLE (600L)	2
53072-C6	UPPER COMPUTER CABLE (700L)	1
53072-D	BACKREST	1
53072-E	WATER BOTTLE HOLDER	1
53072-F	FRONT STABILIZER SET	1
53072-F1	FRONT STABILIZER	1
53072-F2	LEFT MOVEABLE CAP	1
53072-F3	RIGHT MOVEABLE CAP	1
53072-F4	BUFFER (20*90*1.7T)	2
53072-G	REAR STABILIZER SET	1
53072-G1	REAR STABILIZER	1
53072-G2	AJUSTABLE CAP	2
53072-G3	SCREW (ST4X1.41X10.L)	2
53072-G4	BUFFER	2
53072-H	FLYWHEEL SET	1
53072-H1	FLYWHEEL	1
53072-H2	ANTI-LOOSEN NUT (3/8"-26UNFX6.5T)	2
53072-H3	NUT (D9.5X4T(3/8"-26UNFX4T))	2
53072-H4	C-CLIP (S-10(1T))	1
53072-H5	FLYWHEEL AXLE	1
53072-H6	FIXING RING	1
53072-H7	SCREW CAP	1
53072-H8	BEARING (#6000 ZZ)	1
53072-H9	LITTLE FLYWHEEL	1
53072-H10	BEARING (6003-2RS)	2
53072-H11	ONE-WAY BEARING (D35*16)	1
53072-H12	BEARING (6300-2RS)	1
53072-I	SEAT	1
53072-J	SLIDING ACCESSORIES	1
53072-J1	FRONT PROTECTIVE COVER	1
53072-J2	LOWER HANDLE PULSE CABLE (100L)	1
53072-K	FIXING PLATE FOR MAGNET SET	1
53072-K1	FIXING PLATE FOR MAGNET	1
53072-K2	SPRING (D1.0*55L)	1
53072-K3	NUT (M6*1*6T)	1
53072-K4	FLAT WASHER (D13*D6.5*1.0T)	1
53072-K5	NYLON WASHER (D6*D19*1.5T)	1
53072-K6	NUT (M6*1*6T)	1
53072-K7	BOLT (M6*65L)	1
53072-K8	NYLON NUT (M8*1.25*8T)	1
53072-K9	BOLT (M8*52L)	1
53072-K10	MAGNET	8
53072-K11	PLATE FOR MAGNET	7
53072-L	IDLE WHEEL SET	1
53072-L1	FIXING PLATE FOR IDLE WHEEL	1
53072-L2	FLAT WASHER (D30*D8.5*2.0T)	1
53072-L3	BOLT (M8*25)	1
53072-L4	ALLEN BOLT (M10*35L)	1

REF.	DESCRIPTION	QTY.
53072-L5	SPRING (D2.2*D14*65L)	1
53072-L6	PLASTIC COVER (D3*30L)	2
53072-L7	PLASTIC WASHER (D10*D24*0.4T)	2
53072-L8	NUT (M8*1.25*6T)	1
53072-L9	NYLON NUT (M8*1.25*8T)	1
53072-L10	NYLON NUT (M10X1.5X10T)	1
53072-L11	IDLE WHEEL	1
53072-L12	BUSHING (D20*D14*11.5T)	1
53072-M	SLIDING BEAM SET	1
53072-M1	SLIDING BEAM	1
53072-M2	BUFFER (D20*10L*M8*1.25)	1
53072-N1	ALLEN BOLT (M8*1.25*95L)	4
53072-N2	DOMED NUT (M8X1.25X15L)	6
53072-N3	SPRING WASHER (D15.4XD8.2X2T)	14
53072-N4	CURVED WASHER (D22XD8.5X1.5T)	10
53072-N5	ALLEN BOLT (M8*1.25*20)	8
53072-N6	ALLEN BOLT (M8*1.25*55L)	2
53072-N7	FLAT WASHER (D16*D8.5*1.2T)	18
53072-N8	ALLEN BOLT (M8*1.25*40)	8
53072-N9	SQUARE NECK BOLT (M8*1.25*55L)	2
53072-O	SEAT SUPPORT SET	1
53072-O1	SEAT SUPPORT	1
53072-O2	KNOB (D50XM16X32XD8)	1
53072-O3	INNER TUBE	2
53072-O4	SQUARE CAP	2
53072-P	PEDAL SET	1
53072-P1	RIGHT PEDAL	1
53072-P2	LEFT PEDAL	1
53072-Q	CHAIN COVER SET	1
53072-Q1	LEFT CHAIN COVER	1
53072-Q2	RIGHT CHAIN COVER	1
53072-Q3	REAR CHAIN COVER(LEFT)	1
53072-Q4	REAR CHAIN COVER(RIGHT)	1
53072-Q5	PIN	4
53072-Q6	SCREW (ST4.2X1.4X20L)	13
53072-R	ADAPTOR (OUTPUT□9VA ,500MA)	1
53072-S	BELT WHEEL SET	1
53072-S1	BELT WHEEL	1
53072-S2	CRANK AXLE	1
53072-S3	ROUND MAGNET	1
53072-S4	BOLT (M6X1.0X15L)	4
53072-S5	SPACER	1
53072-S6	FLAT WASHER (D23*D17.2*1.5T)	1
53072-S7	C-CLIP (S-17(1T))	1
53072-S8	LEFT CRANK	1
53072-S9	SCREW COVER (D23X6.5)	2
53072-S10	BOLT (M8X1.25X25)	2
53072-S11	RIGHT CRANK	1
53072-S12	NYLON NUT (M6X1.0X6T)	4
53072-S13	WAVED WASHER (D22XD17X0.3T)	2
53072-T	REAR COVER	1
53072-U	BACKREST SUPPORTING	1
53072-Z	MAIN FRAME SET	1
53072-Z1	MAIN FRAME	1
53072-Z2	MIDDLE HANDLE PULSE CABLE (2400L)	2
53072-Z3	TENSION CABLE (D1.5*130L)	1
53072-Z4	SENSOR CABLE (400L)	1
53072-Z5	BOLT (M5X0.8X12L)	1
53072-Z6	ELECTRIC CABLE (400L)	1
53072-Z7	MOTOR	1
53072-Z8	SCREW (ST4.2*1.4*15L)	2
53072-Z9	LOWER COMPUTER CABLE (1200L)	1
53072-Z10	BEARING (#6003ZZ)	2

Notes

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